



**Nebraska USA Wrestling**  
**District 5 Tournament**



If your club resides in Burt, Dixon, Thurston, Colfax, Dodge, Washington, Cuming, Saunders, Wayne, Dakota, or Stanton County. **THIS IS YOUR DISTRICT TO QUALIFY FOR THE USA STATE FOLKSTYLE TOURNAMENT.**

**Where – FREMONT HIGH SCHOOL- Fremont, Nebraska**

**When – Sunday, March 2<sup>nd</sup> 2025**

**Cost - \$25 Per Wrestler**

**Registration: Pre-register only. Must be in by Friday, February 28<sup>th</sup> at 5:00pm. Registration will be locked out after 5:00pm. All sign-ups will be done through USA Wrestling's website.**

**USA wrestling requires every wrestler and coach to have a USA wrestling card to participate in all district tournaments. Coach's bands will be provided upon proof of NEUSAW coaching card. These bands will be required to be mat side and enforced throughout the tournament.**

**Awards: Medals for 1st, 2nd, 3rd and 4th place. **Wrestle for true 4th.** Team plaques for top 2 Clubs.**

**Weigh Ins: Sat March 1<sup>st</sup>, 2025 @ these following satellite locations:**

- Fremont – Fremont High School, 1750 N Lincoln - 4:00 - 6:00 PM
- Fort Calhoun – Ft Calhoun High School, 5876 County Rd P43 - 4:00 – 6:00 PM
- Wisner – Pilger High School, 801 18<sup>th</sup> St – 4:00 – 6:00 PM
- Ashland – Greenwood Middle School, 806 North 17th (NW of HS) – 10:00 AM – 12:00 PM
- Ponca – Ponca Public School, 505 W 3<sup>rd</sup> St – 4:00 – 6:00 PM
- Wahoo – Wahoo High School, 2201 N Locust – 8:00 – 10:00 AM

**MUST WEIGH IN WITH SINGLET ON. Must make scratch weight (no weight allowance). Skin checks will be done the day of weigh ins. Must have a NSAA skin form if QUESTIONED. There will not be any skin forms accepted AFTER weigh ins are completed.**

**Sessions as Follows**

**Session 1 – 8:30 am – Boys/Girls PreK-K, 1<sup>st</sup>-2<sup>nd</sup>, 3<sup>rd</sup>-4<sup>th</sup>**

**Session 2 – 12:30 pm or at the completion of session 1 – Boys/Girls 5<sup>th</sup>-6<sup>th</sup>, 7<sup>th</sup>-8<sup>th</sup>**

**Each division advances to the  
USA State Folkstyle Tournament on March 14th through the 16th at the Heartland Events Center  
in Grand Island, NE. The State tournament is also the qualifier for:**

**\*\*\* Middle School National Dual Teams \*\*\***

**\*\*\* Elementary National Dual Teams \*\*\***

**2025 Boys Grade Divisions and Weight Classes:**

*PreK-K (weight classes will be determined based on actual weight)*

*1st-2nd: 40, 45, 50, 53, 56, 59, 62, 65, 70, 75, 85, 95, 105, 115, 140*

*3rd-4th: 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 140, 160*

*5th-6th: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 160, 200, 250*

*7th-8th: 75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275*

**2025 GIRLS Grade Divisions and Weight Classes:**

**All Girls Qualify but must be entered and weighed in to enter districts and state tournament**

**All Girls MUST wrestle in Girls divisions**

**Girls weight classes may be combined per age division**

*Girls PreK-K - (weight classes will be determined based on actual weight)*

*Girls 1st/2nd - (weight classes will be determined based on actual weight)*

*Girls 3rd/4th - 52, 58, 65, 73, 82, 89, 95, 101, 107, 113, 120, 126, 138*

*Girls 5th/6th - 65, 73, 82, 89, 95, 101, 107, 113, 120, 126, 138, 150, 165*

*Girls 7th/8th - 73, 82, 89, 95, 101, 107, 113, 120, 126, 138, 150, 165, 185, 185+*

**Questions contact Sean Edie (402) 720-1508 or [spedie\\_edie@hotmail.com](mailto:spedie_edie@hotmail.com) or  
Vince Treinen (402) 305-1267 or [district5@neusaw.com](mailto:district5@neusaw.com)**